

> **10** Fireworks fiesta



> **12** Foster a teen



> **22** Recycling rates soar



the newhammag

issue 183 // 13 November 2009



Honouring the fallen

Together in remembrance (p14)

Are you missing out on help towards your rent and Council Tax?

If you are on a low income,
whether or not you work,
you may be entitled to help
towards your **rent and
Council Tax**.

**Don't delay – find
out more today!**

Call **020 8430 2000**
Visit **www.newham.gov.uk**
or a **Local Service Centre**

The nights are getting colder and darker – it's the perfect weather for curling up with a cup of tea and your Newham Mag! We're looking at ways that the council brings Newham together in this issue: read about how you can help shape your local park (p18), remember our fallen war heroes (p14) and check out our fabulous family fireworks event (p10). Give yourselves a pat on the back for raising recycling rates over the summer (p22), discover one young woman's passion for re-using coffee cups (p26) and read how we're tackling illegal trade waste (p24). Enjoy the read!

The Mag team

Don't forget – Free inside this issue, In Focus, containing news and events from East Ham, Royal Docks, Forest Gate and Custom House and Canning Town community forums.

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PRINT/REPROGRAPHICS: Woodford Litho Ltd

DISTRIBUTION: Letterbox distribution



Don't forget to recycle your Newham Mag once you've read it

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor Building 1000, Dockside Road, London E16 2QU or email newham.mag@newham.gov.uk

Regulars

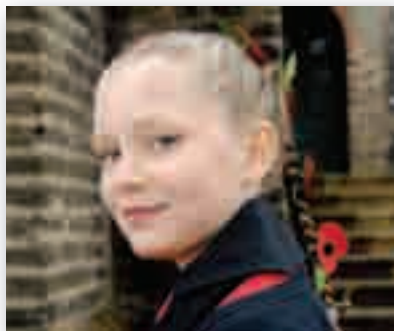
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IN BRIEF //

Household batteries now recycled at Jenkins Lane

Residents can now recycle household batteries at their local Reuse and Recycling Centre (RRC).

Around 600m household batteries are sent to landfill every year. Now you can help us recycle more batteries by taking yours to Jenkins Lane RRC, where you will find a container specifically for them.

You can recycle all single cell batteries – such as AA and AAA – plus button and ‘square’ batteries. If a battery is small enough to carry in one hand – for example batteries from a mobile phone, portable computer, cordless power tool, toy or household appliance – these can also be recycled at the RRC.

Improvement works start on Queens Market roof

Newham Council is spending £140,000 on new coverings to the flat roof above Queens Market. The work will take around ten weeks but there will be no disruption to trade.

Queens Market is a much-loved place to shop in Green Street with people attracted by its mix of fresh produce and goods, alongside more traditional fare.

Mayor Sir Robin Wales said: “The market will be a busy place between now and Christmas and we hope this work will encourage even more people to spend time there as well as offering more protection for traders’ stock.”

The market was recently picked by the Government as a catalyst for excellent recycling. It is spearheading the Zero Waste Standard initiative with traders and shopkeepers getting advice on how best to recycle waste.



Dominica’s High Commissioner celebrates independence at Newham Town Hall

Mayor Sir Robin Wales helped to celebrate Dominica Independence Day with a flag-raising ceremony at Newham Town Hall, East Ham.

Dominica Acting High Commissioner Agnes Adonis,

who lives in Newham, was also present and was joined by more than 100 members of the public.

She led the guests through the national anthem, the Isle of Beauty, and thanked everyone for attending one of the high points in the country’s calendar.

Deputy Mayor Councillor Christine Bowden and Councillor Unmesh Desai, executive member for community and external affairs, were joined by several Newham Council colleagues and members of the public.

The national flag, which features Dominica’s national bird, the Sisserou parrot, was raised at 11am and there were refreshments on offer in the Lister Room after the event.

Sir Robin said: “We fly the flags in recognition of the cohesion that exists amongst our communities. Thank you to everyone who came along to the celebrations.”



Sir Robin (r) with Dominica’s Acting High Commissioner and councillors

Couple stung for £43k by rogue roofers

The council has issued a warning after an unsuspecting couple handed over £43,000 to rogue roofers.

Residents have been urged to only use reputable dealers following the incident, which Trading Standards officers are investigating.

Two tradesmen cold-called at the East Ham terraced house, telling the owners their roof was badly damaged and should be repaired immediately.

Charging the couple £3,000 on the spot to remove the old tiles from the roof, work stopped when the men required a further £40,000 to complete the job because of unforeseen damp problems. The money was paid, as was the initial amount – both through banker’s drafts.

The traders left in a white Ford Transit van on a promise to return with materials, but they never came back. It is thought both men may have fled to Ireland.

Anyone who suspects they have been visited by rogue traders should contact Consumer Direct on 08454 04 05 06. Alternatively, visit www.consumerdirect.gov.uk

Read more on rogue traders on page 8.



News

Half term tournaments a knockout

A certain kind of heat took over Newham this autumn half-term – the football and basketball kind! Young people and adults gathered for three-a-side knockout style tournaments.

Racism received a kicking in Stratford as people donned their sports shoes to take part in the Kick it Out football event. In Plaistow, participants dribbled with delight at the Newham Leisure Centre Indoor Sports Centre, taking part in basketball tournaments. Executive member for equalities and social inclusion, Councillor Neil Wilson, and executive member for culture, Councillor Jo Corbett, presented the winning teams with trophies.



Cllr Neil Wilson with some of the participants



Lobby on law stopping councils powers on lethal weapons

Deadly crossbows are in Newham Council's line of fire as it campaigns for a change in the law to crack down on lethal weapons blighting Britain's high streets.

The council has called for the Home Office to place crossbows under the same stringent regulations as knives, after they were left powerless to deal with an East Ham businessman who refused to withdraw compact pistol versions selling for as little as £15 each.

The council is campaigning at a national level, requesting local authorities be given powers to perform underage test purchases to catch out unscrupulous traders selling to under-18s.

Mayor Sir Robin Wales said: "Something must be done to change the law on the sale of these weapons. At a time when knife and gun crime is so high on the agenda, we would like to think that shops would be prevented from selling these to anyone walking off the street. This is something affecting high streets up and down the country and does nothing to help the good work we are doing to create a safer borough."

One of the weapons on sale



A question of fairness

Just after I wrote my last column we had the controversy over BNP leader Nick Griffin's appearance on Question Time. The question asked by many reasonable people was whether the BBC should give him the opportunity to spread his lies and hatred on a major TV channel.

Free speech is essential for the health of any society, but free speech merely gives you the right to say what you think. It doesn't mean that you have the right to go on national television and speak to millions of people. That's why many people argued against allowing him on TV.

“if you choose to have more kids that is your decision. But you must deal with and accept the consequences of your personal choice”

My own view is that it was right to let him on the programme because many millions of people voted for the BNP and we need to listen to and answer their concerns in a sensible way. Yes, some of them are racists but many are not. So why do they choose to vote for a racist party like the BNP?

There are, I think, two major concerns the BNP play on – housing and jobs (I will cover the jobs issue in a future column).

On housing many people are worried that their kids and their families cannot get a council house because they think they see others queue jumping. Many councils house people based on how great their housing need is (eg lots of kids in few bedrooms) so somebody with greater need will inevitably end up jumping the queue while others continue to wait.

Sometimes, though not always, the need will be a result of a decision by the family concerned, which heightens the sense of injustice felt by those left waiting. For example, if you choose to have more kids that is your decision. But you must deal with and accept the consequences of your personal choice – it is not fair that others should lose out because of your decision.

In Newham we addressed this issue many years ago. We decided that we wanted, as far as possible, one queue and to have people wait their turn. That is fair and reasonable and whenever I explain this to people they generally agree with the approach. So, if you think anybody has jumped the queue write to me with the details and I will have it checked out; wait your turn seems fair to me.

Incidentally, there is another reason why I think it was OK for Griffin to speak on the BBC. He showed himself to be what he is – a deeply stupid, small-minded individual. I think most British people are fundamentally generous of spirit. Which means that millions will have seen him for what he is and that must be for the good.



Mayor's view

You're never too old

I greeted The Queen's Baton Relay as it wound through Newham on its way to the Delhi 2010 Commonwealth Games. In doing so I met the inspiring 98-year-old Fauja Singh, the over-90s Marathon world-record holder.

When asked if he had any message for the assembled pupils from Tollgate and Scott Wilkie primary schools, Fauja replied: "I hope they take some encouragement from me to be the best they can at sport." I couldn't agree more.



(l-r) Record holder Fauja Singh, Sir Robin, Cllr Jo Corbett and Olympian Tessa Sanderson



Cllr Bowden, bottom centre, Sir Robin and staff at Newham Dockside

In the pink

I was delighted to be able to attend a pink-themed coffee morning organised by Deputy Mayor Councillor Christine Bowden to raise funds for Breakthrough Breast Cancer. More than £1,000 was collected for the charity.

Many women – and indeed men – are affected by this terrible disease, but thanks to the money being raised for research, many people beat the illness and go on to live a full and healthy life.

Question Time

My final Question Time for 2009 will be in the Plaistow Community Forum area on Monday 30 November at Newham Sixth Form College, Prince Regent Lane, from 6.30-7.30pm. This is your opportunity to put questions or comments directly to me. Question Time returns next year at a venue near you; keep reading for more information or visit my website www.newham.gov.uk/mayor

with Sir Robin Wales



DON'T BE A VICTIM

If you've ever been duped by one, you'll know that thieves are opportunists, but some thieves don't need to break in to steal from you, choosing to trick or con you instead. They are known as bogus callers and they aren't welcome in Newham.

Bogus callers often disguise themselves as people on genuine business from companies including the council or gas, electricity and water utilities.

Bogus callers get away with their dirty tricks because they look and sound believable. The police have been trying to track down a fraudster who has been swindling money from people by posing as a bank

fraud investigator. The man, who calls himself Raj Patel, calls customers claiming that their account has been used fraudulently. He explains that the card needs to be collected for analysis and sends a courier to the address. Once the card has been received further calls, often threatening and abusive, are made to the customer demanding their PIN.

The police's advice in cases like these is simple: under no circumstances should you hand over your bank card or PIN – a genuine caller would never ask for this.

If you have information about this or any other crime, contact Crimestoppers, in confidence, on 0800 555 111.

OUT CON THE CON ARTIST

- > If you're not sure who's at the door, use a spy hole if you have one or look out of the window.
- > Always ask for ID. Genuine people carry photographic identification. Check this carefully. If you're unsure call the company the caller says they represent. Always use the number in the telephone book.
- > Someone may try and distract you using a range of excuses from something in your back garden to a problem with your car. Beware – they may be using this as an excuse to encourage you to leave your house.
- > If you get a call from someone asking for personal information and you're not comfortable with the questions, refuse to answer them. Contact the company direct or ask the person to write to you.
- > Remember, if you're not sure about someone's identity, don't let them in. If you feel threatened call 999 and ask for the police.

The Old Town Hall Stratford

Christmas
bookings now
being taken



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architecture in the heart of Stratford**

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Fantastic fireworks

The East End spirit was in full effect for our fireworks bonanza, when 11,000 of you braved rain, wind and miles of mud for the annual knees-up – and plenty more cuddled up on the surrounding streets for the dazzling display.

Wanstead Flats was the venue for the pyrotechnic performance, which had a night and day theme with

colour-coded fireworks and themed songs, for extra snap, crackle and pop. Here Comes the Sun was a song choice that might have raised a few eyebrows though!

No Newham event would be complete without an Olympic flavour and this was no exception; Beijing 2008 gold medal winner and Stratford resident, Christine Ohuruogu joined Mayor Sir Robin Wales on stage with

the 2010 Commonwealth Games baton, as part of a nationwide relay.

After Christine brought the baton up on stage, Sir Robin led the countdown to the 20-minute display. He said: "It's great to see so many people braving the elements for the grand finale of our big free events of the year. I'll see you all again at Christmas when we switch on our festive lights!"



Colder purples and blues represent the night



(l-r) Rebecca, Tayla and Anna Smith create some colourful displays of their own



Smokin': red fireworks represent the day



*Mayor Sir Robin Wales brandishes the
2010 Commonwealth Games baton*



*The display reaches
a crescendo*



Brollies battle the elements



Bursts of gold fill the sky



*Fiery reds and golds make a
pretty picture*



Fostering teenagers - have you got what it takes?

Being a teenager is tough but looking after one can be even harder. It takes an extraordinary person to provide a loving home to a young person who's not their own and may be troubled. Could that be you?

Newham Council looks after young people who are in their care for many reasons. We need people who have the time, patience and commitment to open their homes and hearts and become foster carers. In return you'll help make a real difference to the lives of our young people.

Foster caring arrangements can last a few weeks or be more long term. What's important is that the young person has a secure place where they have access to all things teens need – most importantly, someone who will listen.

All foster carers receive an allowance which cover the costs of caring for the young person and an allowance for themselves. A newly qualified foster carer looking after a young person aged between 11 and 16 receives a fostering allowance of £282 each week, £200 towards essentials for the young person for things like food, clothing and transport – the remainder, £82, is yours. For a teenager aged between 16 and 18 the total allowance rises to £325 each week; foster carers own allowance increases with experience.

People from all backgrounds become foster carers. You could be married, in a civil partnership, living with your partner or single. You might work or be at home, rent your home or own it. All you need is enough space to accommodate a young person, be aged between 24 and 63 and

have the passion to want to help make what is a difficult time for a teenager easier. You'll be a role model to these young people and will be a positive influence on them as they tread the path to early adulthood. These young people all come from unique situations but have one thing in common – they need someone to care for them and care about them.

Interested?

If you have the space and time to care for a teenager and would like an informal chat, call Newham Fostering Service, free, on **0800 0130 393** or visit the fostering pages at **www.newham.gov.uk/fostering**



Resident Liaison Officer X2

Grade: Scale 6 £23,970 to £25,455 PA plus final salary pension

Are you a good communicator? Do you have the ability to work under pressure in a competitive and constantly changing environment and be able to adapt to a new challenge.

We need someone to manage Newham Homes' relationships with residents- both tenants and leaseholders. Through effective communication, consultation and the exercise of resident choice we aim to maximise resident satisfaction.

The role will also assist the contract manager with the daily monitoring of operatives and subcontractors. The post holder may be required to work evenings, weekends and occasional public holidays, in order to meet service requirements as well as consultation and representational tasks with residents and other stakeholders.

You need to be computer literate and have good numerical and verbal skills. Experience in customer services, building maintenance or housing management would be preferred, but is not essential.

For more information please see the Job Descriptions, Candidate Information Pack and application form by visiting our website at www.newhamhomes.com or call our recruitment line: 020 8430 5999.

Completed application forms can be e-mailed to Jobs@newhamhomes.com or sent to Human Resources, Newham Homes, 320 Bridge House, Stratford, E15 1EP.

Closing date: 29th November 2009

Newham Homes recognises that everyone in Newham has the right to play a full part in the life of the borough. It is Newham Homes position that everyone should be treated fairly, without discrimination and with respect of their human rights, regardless of their gender, race, age, disability, sexual orientation, HIV status, religion, national or social origin or class.




new LONDON ORCHESTRA

The Snowman

New London Orchestra
Ronald Corp conductor

live orchestra with the animated film by **Raymond Briggs** and other Christmas family favourites

Sunday 6 December 2009 2.30pm
Stratford Circus

adventure in music

Where:
Stratford Circus
Theatre Square
Stratford
London, E15 3JH

Tickets:
www.stratford-circus.com
T: 020443 872 625
£6 adults, £3 children,
£15 Family (two adults,
two children)

Newham

Local Housing Allowance (LHA) rates November 2009

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 77.20
1 bedroom	£ 161.54
2 bedrooms	£ 200.00
3 bedrooms	£ 253.85
4 bedrooms	£ 296.54
5 bedrooms	£ 360.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

From 06 April 2009, the maximum LHA rate payable for new claims is for the five bedroom rate only.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household. One bedroom is allowed for

each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information



Taster Course for Prospective Secondary Teachers of Mathematics, Science, ICT, Design and Technology, Music, RE and Modern Languages

4 day course from 8th –11th December 2009

Are you interested in teacher training?

Are you a graduate, or in the final year of your degree?

This Taster Course will give you an introduction to teaching, covering issues such as:

- The UK education system
- The National Curriculum
- Routes into teaching
- How to present your application form and prepare for an interview

You will have the opportunity to spend two days in an East London secondary school.

The course is free of charge and has been organised by Newham Children and Young People's Services and University of East London.

Applications are particularly welcomed from Black and Minority Ethnic graduates, a priority recruitment focus of the Training and Development Agency.

To download an application form go to www.teachnewham.co.uk, or for further information contact Rosalind Sarwan on 020 3373 9724 or by e-mail: RSM@newham.gov.uk

Closing date for completed applications: 5pm, 25th November 2009

Please note that this course is not suitable for Overseas Trained Teachers.

The schools in this authority are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



November: a time to

This is the time of year that we take a moment to remember the men and women who have courageously fought and died so we can enjoy the freedom we have today. On Sunday 8 November all across the country communities joined together to salute those who bravely marched into battle during World Wars One, Two and conflicts since, and Newham was no exception. Services to honour the fallen were held in East Ham, West Ham, North Woolwich and Custom House, with young and old in attendance. Mayor Sir Robin Wales also laid a wreath on the pitch at West Ham United to remember members of the 13th Battalion (West Ham) of the Essex Regiment who died during the First World War.

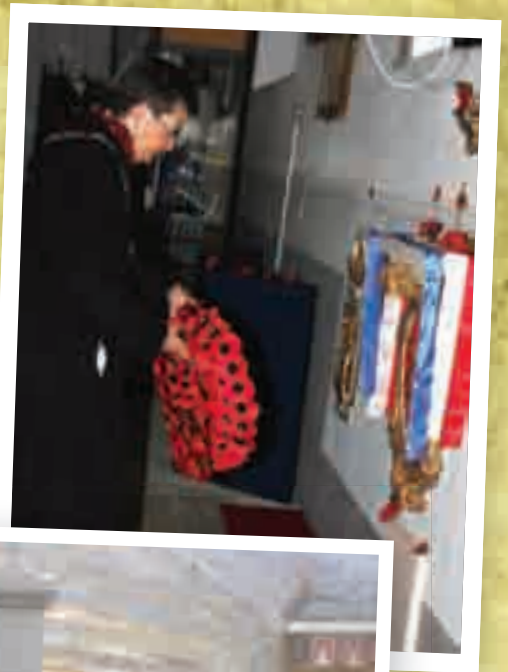
Here we take a look at the moving ceremonies that took place and tell the story of a World War Two hero who spent his civilian years in Newham.



Clockwise from top: A veteran lays a wreath at the East Ham Cenotaph, a soldier bows his head in respect, Colonel Mike Dudding, Sir Robin and Cllr Marie Collier observe the two minute silence



o remember



Clockwise from top: Cllr Christine Bowden lays a wreath in West Ham, Wreaths layed at North Woolwich in the grounds of Brick Lane Music Hall, Cllr Michael Nicholas lays a wreath in Custom House.

Squadron Leader Pujji – the life of a hero

Mohinder Singh Pujji is a decorated war hero, whose bravery and skill has been recognised many times over. He was an airman in the Second World War, and was the only Sikh member of the Royal Air Force (RAF) who was allowed to fly with his turban on, such was his reputation. Now he is one of only two surviving Indian fighter pilots who fought in the Battle of Britain and was shot down twice by German fighters, but he has lived to tell the tale.

Mr Pujji was born in Simla, the summer capital of India. He was



educated in New Delhi and Lahore and received his law degree

from Bombay University.

In 1937 Mr Pujji qualified as a pilot. He volunteered to join the RAF in 1940, a year into the Second World War, and was posted to London. He went on many special missions and flew Tomahawks during the air war over the Western Desert in North Africa. He was later transferred to Burma to fly Hurricanes and, while there, he helped to locate 300 West African troops who were lost in the jungle, earning him the nickname, Eyes of the Army. For his services in Burma, Mr Pujji was awarded the Distinguished Flying Cross (DFC) in 1945. He moved back to England to retire in 1974.

Mr Pujji settled in Newham and became an active member of voluntary bodies in the community. He worked closely with the Victim Support Scheme and the Metropolitan Police. He spent



most of his time working with the local church and other voluntary groups through advice work, and continues to be active in the Asian community. In 2004, he laid a wreath during a Remembrance service at the East Ham Cenotaph on behalf of the Undivided Indian Ex-Services Association.

Now 92, Mr Pujji lives in Gravesend with his son, Satinder.

Here's how you helped shape your NHS in Newham.



Last year we asked you for your views through the Newham Health Debate.

See the results at:

www.thenewhamhealthdebate.com

You said: you want free health checks

We did: we introduced free NHS Health Checks for local people between 40-74 years.



You said: you want blood tests closer to your home

We did: blood testing services are now also available in the Silvertown GP Surgery and also at Vicarage Lane Health Centre.



Tell us more!

We want to improve your health and health services in Newham.

To take part in the Newham Health Debate you can:

- Complete the survey in the next edition of your Newham Mag
- Tell us what you think online at www.thenewhamhealthdebate.com
- Get involved in upcoming Newham Health Debate events

We want to hear from you.



You said: you want stop smoking support close to your home

We did: we have helped 2,171 Newham people stop smoking using our local stop smoking service last year. Phone 0800 013 1673 or text 'QUIT' to 60155 to get support close to your home.



You said: you want doctors to be more accessible

We did: we extended the hours and appointments at 81% of GP practices. We opened more GP practices including five at Vicarage Lane Health Centre.





Your parks, your way

With the news that Newham is a step closer to adding a royal park to its already impressive list of 24 leafy havens, not to mention our countless smaller green spaces, the borough could well become a byword for urbanites getting back to nature. One woman peddling a passion for our parks is the council's Liz Shearer.

As an engagement officer, Liz's job is to encourage people from all walks of life to use their local parks. After getting her master's degree in conservation and wildlife management, Liz worked for West Berkshire Council, managing a visitors' centre; a far cry from Newham's inner London setting.

What are the differences for you working in an urban setting?

Whereas before I was dealing with rolling countryside and just a few people on a nature reserve, here in Newham I've got, say, Plashet Park, where you sometimes have 80,000 people passing through during summer months. Parks can offer so much to so many people, so it's all about tailoring

that to different audiences. But despite being in London, the wildlife is still here if you look in the right places; I've seen voles, hedgehogs and bats in Newham parks!

How do you appeal to such large numbers of park users?

There's such a wide variety here in Newham. The council is investing a lot of money in the parks so now is the ideal time for people to come forward and help shape the improvements that are being planned.

So how do people get involved?

Various ways. Friends' groups, some in their early stages at the moment, are ideal. We're really hoping some more people will come forward; local

schoolchildren for example, or people living near the park, dog walkers, commuters, joggers, bowlers – anyone with an interest.

What are friends groups?

A friends group is a collection of people who want to improve how their park looks, its safety and conservation value – whatever they think is important. Friends' groups act as the voice of the community, so they can work with the council on how they'd like to see the park develop – active friends' groups can make a huge difference to the park.

Do you do anything else to get people involved in parks?

Lots! We had an event clearing allotments

“It’s the ideal time for people to come forward and shape their parks into what they want them to be. ”

in Beckton recently, and there are other one-off events happening all the time. Then there’s Plant for Life, which gets people of all ages involved in their parks and helps us with the council’s pledge to plant 2,012 trees every year. They’re going on now until the beginning of March. Over half-term we had a great turnout. It’s so great to see

15-year-old girls and boys planting bulbs alongside much younger and much older people. We built bird houses and dens and made jewellery and clay faces to hang from trees as tree guardians.

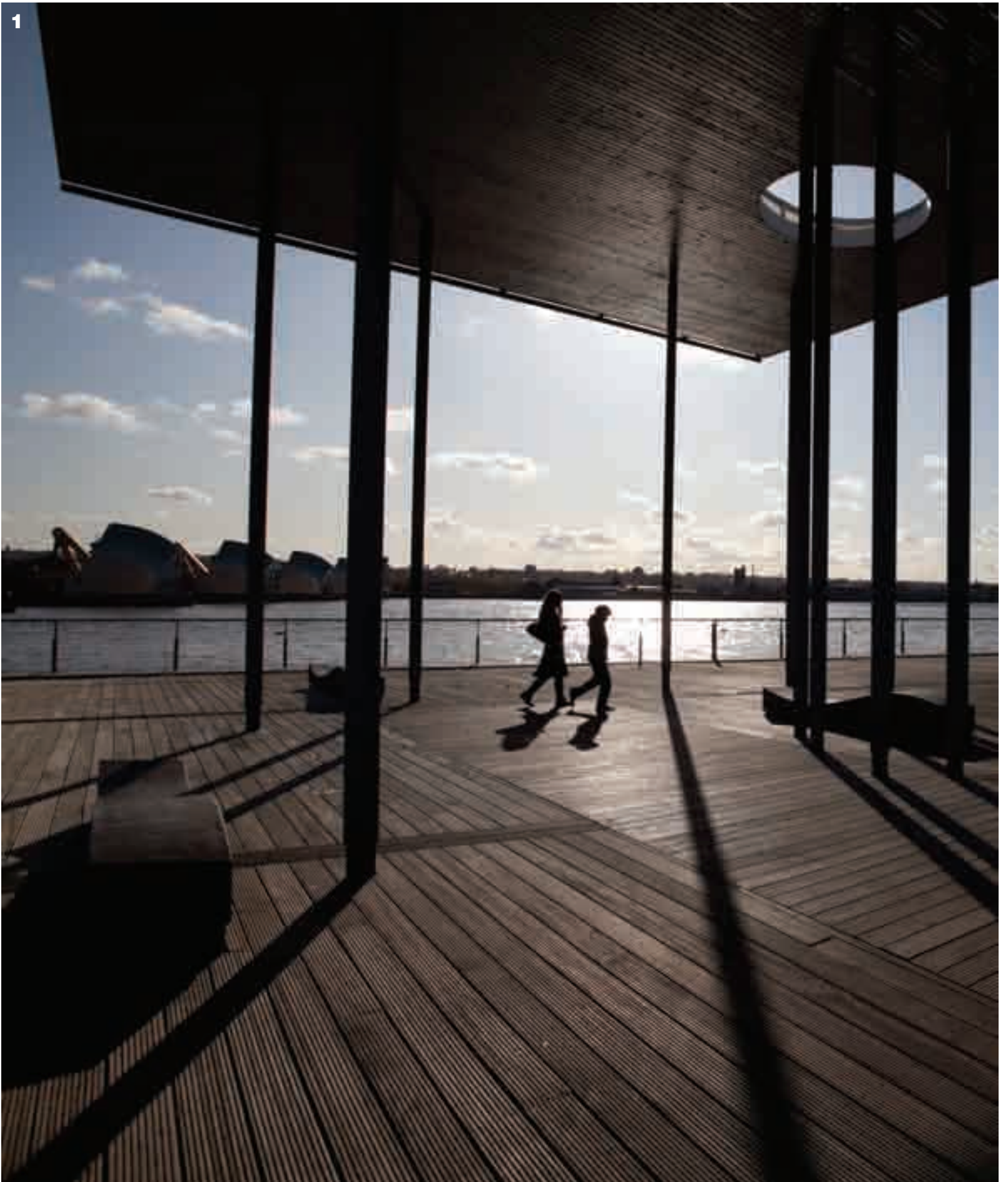
There are also natural play areas planned for several parks including Forest Lane Park and outdoor gym equipment in Brompton Park for example – look out for more on those soon. And we just re-opened Central Park’s café. They’ve done a great job on that. It’s right in the centre of the park and has a great view from all directions. It’s going to be a real hub for the park.

What’s on the horizon for you and our parks?

There’s so much improvement work

happening and we’re going to be asking for your opinion. I can’t emphasise enough the importance of interested groups – whatever your group, if you have an interest in improving your local park, get in touch with me. Now is the time to get involved.

If you want to get involved in your local park, call Liz on **020 3373 8405** or email **liz.shearer@newham.gov.uk**
For information on Plant for Life, call **020 8430 2000** or email **yourparks@newham.gov.uk**



Newham in pictures



1 Walking on the waterfront: Thames Barrier at dusk. **2** Racism gets a kicking in Stratford at the Kick it Out half term football tournament. **3** Monsters come out to play at the Beckton community forum safety event. **4** Eyeball: Illusions at the Trick or Treat Halloween Experience at Old Town Hall, Stratford. **5** Ball control at the inter community forum basketball tournament in Newham Leisure Centre.

THANKS A TONNE RECYCLING RATES SOAR

In just six months
Newham has
experienced a
recycling revolution.
You are recycling more
than ever before and
rates are up by an
impressive five per
cent, from 15 to 20
per cent.

**The Mayor's
Promise #8**

Making recycling easier

The latest figures show that more than 286 tonnes of waste were recycled in September compared to 208 tonnes in April – an increase of 78 tonnes. This equates to more than 11 Routemaster buses! Mayor Sir Robin Wales has promised to make recycling easier, and increase rates to 27 per cent by 2011 – quite a challenge but, based on initial figures, not an impossible one – with your continued help.

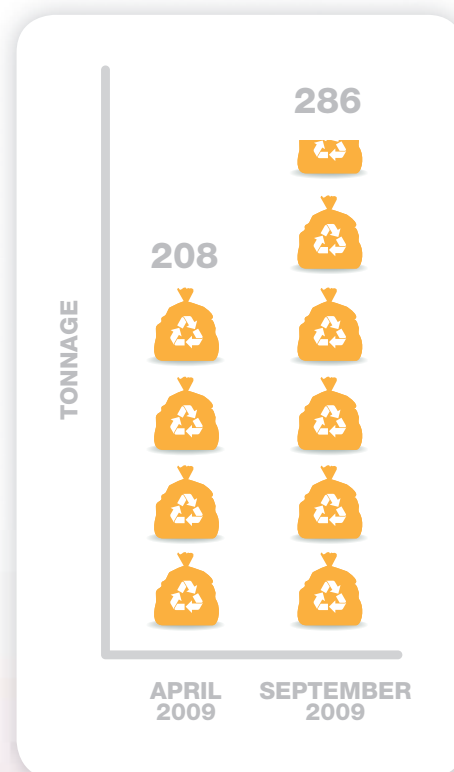
HOW WE DID IT

You: Our residents have been instrumental in achieving this increase. You're recycling more, making use of recycling services other than the orange bag and you're filling bags with the right things.

Street cleansing: Newham street cleansing staff have picked up and recycled more than 36 tonnes of waste from our streets since April.

Doorknockers: In the last five months

more than 12,000 homes have been visited by our team of doorknockers, who promote the importance of recycling, give out information and bust myths.



WORD ON THE STREET

We asked three of our dedicated doorknockers what you found most confusing about recycling. Here's what they said:

If we've been asked to put our orange bags beside our bins, why do the bin men put them back in the bin when they collect them?

To get recycling right we need to monitor who's recycling and what's going into their orange bag, so we can support residents who are putting the wrong material into their bags and help people who aren't recycling. Although orange bags and rubbish are collected together, the two are separated at Jenkins Lane Waste and Recycling plant.

Why can't we recycle other types of plastic apart from plastic bottles?

Presently you can only recycle plastic bottles in your orange bag, not margarine tubs or yoghurt pots. This is because these are made from different types of plastic. We're looking at ways we can include these materials in the future.

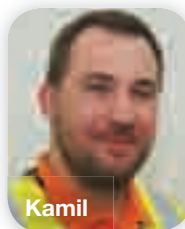
Where can I recycle items that cannot go in my orange bag?

You can recycle glass bottles and jars at Newham bring bank sites, which also accept cans, plastic bottles, paper and textiles.

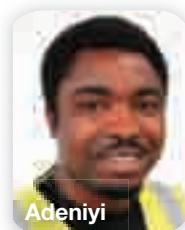
The free green garden waste service accepts most garden rubbish, which is turned into compost. You can also dispose of your garden waste at Jenkins Lane Reuse and Recycling Centre, which accepts items from TVs to car batteries. You can find out more online at www.newham.gov.uk or by calling 020 8430 2000.

Where can I pick up more orange bags?

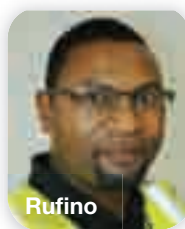
Your next delivery of orange bags is due in December. You can always collect them from your Local Service Centre (LSC) or library. If you are disabled and cannot get to a library or LSC call 020 8430 2000 to arrange delivery.



Kamil



Adeniyi



Rufino



BAG IT, DON'T BIN IT!

Keep up the good work by filling your orange bag with all the right things. Here's your cut out and keep guide to what's hot and what's not in the world of recycling.



IN



Drinks cans



Clean food tins



Mixed paper, card and thin cardboard



Plastic bottles



OUT



Glass



Cardboard



Aluminium foil



Plastic bags



Polystyrene

Plastic containers



BAGS OFF STREETS

Newham is taking a tough line with irresponsible traders who do not get rid of their rubbish properly.

All businesses are required by national law to have a trade waste agreement detailing how rubbish is going to be responsibly disposed of, be it through a private contractor or the council.

Newham has launched a drive to get all businesses and traders signed up to the agreement and leaflets have been delivered outlining what needs to be done to comply with the law and help improve the environment.

For most businesses a trade waste agreement does not involve a great deal of work and shows they are acting responsibly.

However, businesses who continue to dump rubbish outside their shop or premises in the hope it gets picked up as domestic refuse will get fixed penalty fines and a visit from enforcement officers under strict

orders to take action.

The new approach is a direct response to residents' calls for a cleaner borough.

Mayor Sir Robin Wales said: "Traders received a leaflet outlining what they needed to do to get legal with waste disposal. This included obtaining the licence that details exactly where the rubbish is being taken for disposal and who by. Time was allowed to get a licence if there wasn't one already in place.

"This is a major step to clean up the borough that will have a very big impact."

The move means residents will no longer subsidise the clearing up of carelessly dumped trade waste.

Ten of the Mayor's new street scene enforcement officers have been out

helping the team visit premises to check licence compliance and offering help where needed.

Nearly 1,300 enforcement visits have been carried out. All trade and business premises across the borough will be getting a visit if they have not had one.

New procedures mean the council can now track businesses that either don't have a trade waste agreement or have cancelled it. New businesses will also get an early courtesy call to help get proper procedures in place.

**For more information
on the licence contact
020 8430 2000.**

STAY SAFE THIS WINTER

With British Summer Time at an official end, you will have noticed the nights drawing in earlier and earlier.

Although total crime has dropped by five percent over the last year (September 2008 – September 2009) in Newham, it's easy to be more nervous in the dark, and it's always a good idea to keep yourself and your possessions as safe as possible. Criminals are usually opportunists looking for an easy victim, so don't let that be you!

Here are some handy tips for when you are out and about:

- > Avoid shortcuts through alleyways, wooded or quiet areas and stick to well-lit, busy areas after dark
- > Don't flash your mobile, money or valuables about and make sure your purse or wallet is secure; don't keep it in your back pocket or an open handbag
- > If you are going out to meet family or friends on your own make sure they know what time to expect you and what route you will take
- > Try to avoid quiet bus stops, terminals and stations. Listen to your instincts and don't hesitate to call for help. Think about your departure AND arrival point – are they quiet or isolated?
- > If you think you're being followed, cross the road and keep walking confidently to a busy area, shop, pub or well-lit house to ask for help
- > Always ensure that if you are driving you park on a well-lit road with lots of other cars
- > No matter how long you are popping out for, always ensure you lock all the windows and doors of your property
- > If you cycle, ensure that you wear

reflective clothing or materials so you are visible to drivers, and try to ride in areas that are familiar and on streets that are brightly lit with lots of people around.

Mayor Sir Robin Wales said: "We know that crime is a top concern for our residents and we won't rest in our fight to stop those who threaten the safety and security of our borough. You can help by taking steps to protect yourself and by keeping the police informed of crime in your area."

Remember: if you witness a crime, call the police. For non-emergencies call **0300 123 1212**; for emergencies call **999**.



YOUR SPACE

where young people take control

**Got something
to shout
about? Email
your ideas to
[newham.mag@
newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

ENVIRONMENTAL TREND

by Talyn Rahman, Forest Gate

"Climate change is the greatest humanitarian and environmental challenge facing us today but it seems that this issue is not being taken seriously enough by young people

"I am an avid fan of coffee shops, returning for my usual beverage at least three or four times a week, but I felt I was not 'doing my bit' for the environment. While volunteering at Friends of the Earth, I was impressed with how little rubbish is thrown out – ignoring the plastic cups accumulating in the recycling bin that belonged to me. When I counted them I realised I was throwing away 16 plastic cups per week, which would be 64 cups a month, or 768 cups per year! This is an astonishing amount and unfortunately, these cups would be left sitting in landfills for centuries. It is great that the council has introduced orange bags to encourage recycling, however there are few facilities to recycle in the streets of London, in other countries, like Japan, people are literally chased down the street for failing to dispose of their rubbish correctly.

"I have immersed myself in the re-use philosophy by purchasing a customisable tumbler. Now I take my tumbler to stores and ask the clerk to fill it with my favourite beverage, educating people on the gravity of climate change when asked why I didn't want

to use a cup. Passers-by would also stop to ask where I had bought my tumbler, as I customised it with Street Fighter character, Ryu, my unusual inspiration. It not only looks trendy but my special tumbler has brought about interesting conversation, intriguing others to follow suit. So before you throw something out, think of where that will end up and how your action is damaging the environment for future generations."

Read more about Talyn at her blog:
<http://blazeryu.blogspot.com>



Ascension Eagles reach new heights

Cheerleading squads from nations including France, Germany and the US fell prey to Newham's Ascension Eagles, who won overall senior champions in the International Cheer Union's (ICU) European Open. The Eagles are currently ranked the best troupe outside North America.

Since 1998 the Ascension Eagles have held the unbeaten British record, which no other team has managed to do for more than a decade. Based in Custom House, Ascension Eagles initially set out to provide a healthy and fun diversion for young people. But it has grown and now does much more than keep kids off the streets; it also helps to build leadership skills, team work and self-esteem through champion level cheerleading.

Described as "the cream of British talent", the cheerleading squad has high hopes that cheerleading will one day become an Olympic sport. With Newham hosting most of the London 2012 Olympic Games, the Ascension Eagles squad is just one of the many sporting talents that Newham Council has helped to fund.

Mayor Sir Robin Wales said: "This troupe is truly world-class and goes from strength to strength. They are organised, professional and a local export which we can all be proud of.

"Achieving such a high level over 11 years is astounding and I'm sure they will go on to achieve even greater things. If the sport is selected to one day become an Olympic event, I am sure the Ascension Eagles will be more than

capable of taking part in a national team."

The squad was also picked as the official cheerleading act at the NFL (American Football) Tailgate Party in Wembley. As they were watched by thousands of people, the cheerleaders were cheered and applauded.

However Ascension Eagles is not just about the competition, it also allows young people to gain confidence and transfer this into other aspects of their lives.

**Want to flash your pom-poms?
To find out more about Ascension
Eagles contact Shara Brice at
director@ascensioneagles.com**

Making diabetes **manageable**

Diabetes is a widespread problem in Newham, with about six per cent of people having the condition – double the national average of three per cent. But a project at Newham University Hospital NHS Trust has shown that the condition can be managed fairly easily.

Mrs Zubeida Hussain, a patient who attended story-sharing groups set up as part of POSEIDON (Promoting Collaborative Support and Education in Diabetes for Minority Ethnic Groups), said: "I thought I could not do anything about my diabetes but now I know I can control it if I make a few lifestyle changes. I have joined the Newham Striders [walking group] and use less oil in my cooking. I have also made a few friends who I can discuss my diabetes worries with as I know they are sailing in the same boat."

Good management of diabetes is very important, as a number of other longer term health problems can arise when blood sugar levels remain high for a prolonged period.

Diabetes occurs when the level of glucose, the main form of sugar used in the body, in your blood is too high and your body cannot use it for energy. There are two main types of diabetes: Type 1 and Type 2.

Type 1 usually develops quickly and predominantly affects children and young adults. People with Type 1 diabetes must manage their condition with insulin injections.

Type 2 diabetes develops slowly and many people don't realise they have it, as symptoms do not appear for many years. These people may not need to inject insulin and can often manage their diabetes.

The following factors make you more susceptible to developing Type 2 diabetes:

- > Being overweight
- > Lack of physical activity
- > Having a history of diabetes
- > Being of South Asian, African or Caribbean ethnicity

If you have Type 2 diabetes, watching what you eat, staying active, keeping your weight down and stopping smoking are very important. Talk to your GP for more advice.

If you are concerned about your health then please seek advice from your GP. They can provide support in managing your condition or refer you for specialist treatment if required.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

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We are NOW recruiting for the next Home-Start Volunteer Preparation Training Course which will start Jan 2010

FOR AN INFORMATION PACK: Phone: 020 8470 2600
Or Email: hsnewham@aol.com

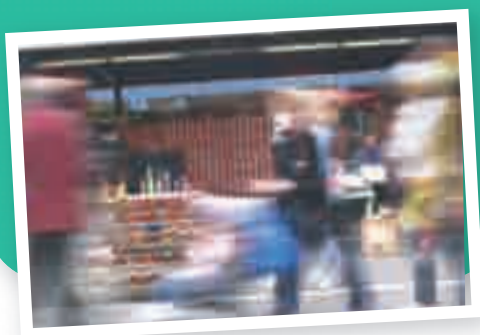
Images of Rathbone at George's Café

An art exhibition is coming home to the very place that inspired it. A Day in the Life of Rathbone Market by Forest Gate-based artist Rhoda Webb is on display at George's Café in the heart of the Canning Town shopping centre.

The stunning photographic images celebrate life there over the course of one special day – its traditional Good Friday market earlier this year.

The pictures have previously been exhibited at The Hub community and arts centre in Canning Town as part of the Well London programme. They record the day, from the traders setting up their stalls before dawn, through the bustling midday to the pitches being taken down.

There is an event at George's Café from 2-3.30pm on Thursday 19 November to celebrate the exhibition.



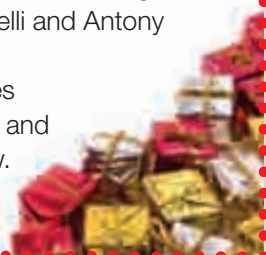
WIN tickets for Taste of Christmas 2009 4-6 December

Tickets for Taste of Christmas 2009 at ExCeL in partnership with Waitrose are selling fast but we have ten pairs to give away. To be in with a chance of winning email your answer in a subject line to the following question along with your name, address and age to info@tasteofchristmas.com: Where does the next Taste of Christmas show take place?

Newham Mag readers can also take advantage of a special ticket offer: two tickets for £32 (saving £12)! Quote promo code "TASTE" when booking online at www.tasteofchristmas.com or by calling 0871 230 7132.

Taste of Christmas is the most exciting foodie event of the festive season, with top chefs, gourmets, wine experts, writers and speciality food producers offering recipes and ingredients for Christmas 2009. Huge names are lined up to attend including Heston Blumenthal, Richard Corrigan, Jean-Christophe Novelli and Antony Worrall Thompson.

For exciting updates on participating chefs and restaurants, visit www.tasteofchristmas.com



Fantastic fete

If you want to satisfy your appetite for fetes in between the summer and Christmas bazaar bonanzas: Stanley Holloway Court retirement home in Custom House is holding its annual fundraising fete.

Come along on Saturday 28 November between 12noon and 3pm for a variety of delights, including new and second hand clothing, raffles, a tombola stall, bric-a-brac, books, a white elephant stall, name the cuddly toy and tea, coffee and cakes on sale. All the money raised will go towards organising a trip for the home's residents and the people who use the scheme from the community.

Entrance is free. Come to Stanley Holloway Court, Coolfin Road, E16.



Street theatre ventures to Barnsley

Stratford Circus's drama and creative writing provider, Theatre Venture, represented Newham in Barnsley with the Travelympics, as part of the All Barnsley Diversity Festival 2009. As well as a collection of street acts, daily workshops with a Barnsley primary school led to 25 ten-year-olds performing a piece called All the World's a Stage on the streets of Barnsley as part of the festival.

The invitation to Barnsley came through the Newham/Barnsley 2012 Strategic Partnership, which sees the two boroughs getting together to work on a number of projects related to London 2012 in the upcoming years.

And in the summer of 2010, Barnsley will return the favour when Theatre Venture will deliver an outdoor event with Barnsley arts and community groups here in Newham.

Theatre Venture provides drama and creative writing courses at Stratford Circus, with groups for children, youth and adults, including two new specialist groups for performers with learning disabilities and deaf and hard of hearing people.

The new term starts in January 2010. Visit www.theatre-venture.org for further information or call 020 8519 6678.



Science is snow bore for Newham teacher



Lisa Wood, a teacher at Kaizen Primary School in Plaistow, is setting out to prove that science is a subject worth studying. Ms Wood is so determined to win round potential pupils that she's trekking all the way to the

South Pole next November with the Fuchs Foundation Expedition. The foundation aims to inspire young people to reach their true potential in science and geography, and Ms Wood is the first primary school teacher to be selected for the exciting trip.

Kaizen schoolchildren have been introduced to Ricky, a puppet who will travel to the Antarctic too. The pupils are conducting experiments to find out all kinds of things like what kind of coat will be warmest for Ricky, and how he can stop his packed lunch from freezing.

Our intrepid explorer has to raise £15,000 towards the costs of the expedition by applying to trusts, for business sponsorship and organising events. Even though the expedition is a year away, Ms Wood has already raised approximately £3,000 towards her target.

If you would like to learn more about the trip, visit www.freezingteachers.com. If you are interested in sponsoring Lisa, email her at lisahwood@hotmail.co.uk

WIN FAMILY PANTO TICKET

Traditional panto is given a modern twist in the way that only Theatre Royal Stratford East (TRSE) know how with their take on the much loved tale of Aladdin. Featuring a magical flying carpet and amazing special effects, the best good-guys, the worst baddies and great songs to sing along to, this is a show not to be missed.

The show runs from Friday 28 November to 16 January 2010 and tickets range from £6-£19. Our friends at TRSE are giving away four family tickets, for up to four people for the evening performance on Thursday 14 January 2010 (also audio described). For your chance to win answer this simple question: How does Aladdin fly to Egypt?

- a. Ryanair,
- b. British Airways,
- c. a magic flying carpet

Send your answers to Newham Mag, Newham Dockside, 1000 Dockside Road, E16 2QU or email newham.mag@newham.gov.uk before 31 December.



Aladdin and his princess

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU**

GALLERY



Salika Saleem, 11



Emma Lieng, 6



Unnati Raj, 11



Josephine Abosede, 10



Win a family day pass to The Quad Club!

Splash around in the pool at The Quad Club with four, one day passes plus two beauty treatments for mum and dad. If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to:

Kids' Corner

West Wing, 4th floor, Newham Dockside, 1000 Dockside Road, London E16 2QU

Don't forget to write your name, age, address and contact telephone number on your entry - good luck!



The Quad Club, Crowne Plaza London - Docklands, Royal Victoria Dock, Western Gateway E16 1AL

thequadclub.com

Poem

Sitting on the carpet
Listening to the teacher
I feel a tickle on my nose
I think it is a booga.

Shall I pick it, lick it,
roll it and flick it,
Or shall I leave it alone?
I look around to see
who's watching,
"Miss!" A child calls.

It's not me
he's seen
He just needs to pee.
I carry on and
raise my finger,
I'm nearly halfway there.

"Oh my God!"
A child yells.
"What's that
awful smell?"
I'm worried but
it's not me,
Someone's done a
blower.

Everyone is fussing
This is my chance.
I hold the booga and
pull it out.
I lick it, roll it and
finally flick it.

Oh no, oh dear
It's landed on my
teacher's chair.

**Booga by Muhtasim
Choudhury, 9**

Word-Fit

You must fit all the
words into the grid.



4 letters

ALTO
BLUE
DASH
EPIC
EXIT
FACE
FAIR
GENE
GOLD
GRIT

4 letters

HELP
LAVA
NEST
OINK
PADS
PUMA
PYRE
RAMP
ROOF

4 letters

SCAR
SHOW
SPOT
SPUR
SURF
TEAM
TEES
TOTS
UGLY

5 letters

SHEEP
TITLE

6 letters

ASLEEP
ELEVEN
SCREAM

8 letters

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13 – 27 NOVEMBER

TRY SOMETHING NEW... PITCH YOUR TALENT FOR CRICKET

If you're a girl aged eight to 16 and bowled over by cricket but don't know where to start, why not try out for a new girls' team? Newham sports development team are looking for young women to represent the borough at the London Youth Games. Get ready to pitch your talent at cricket trials on Thursday 3, 10 and 17 December at St Angela's Ursuline school, St Georges Road, E7.

If you're not a cricket superstar but want to have fun then pop along to either of these weekly sessions, open to girls and boys:

Rokeby community cricket

8 to 16 years
Wednesday 4-5pm
Cost: free
Rokeby School sports hall,
Pitchford Street, E15

Newham Cricket Club

8 to 16
Monday 5-7pm
Cost: £2 per session
Langdon School sports
hall, Sussex Road, E6

For further information
about cricket sessions
contact Ben Chambers
on **07971 286 254**



ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their
parents/carers.

Storytelling

Beckton Globe
Friday 10-11am
Canning Town
Monday 10.30-11.30am
Custom House

Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday
10.30-11.30am
Manor Park Thursday
10.30-11.30am
North Woolwich
Thursday 2-3pm
Plaistow
Tuesday 11am-12noon
Stratford Tuesday 11am-
12noon and Friday 2-3pm
Crafts Club
Manor Park
Tuesday 10.30-11.30am
Toy Library
Beckton Globe Monday
10am-12noon and
Thursday 1-3pm
East Ham Tuesday
10am-12noon and Thursday
10am-12noon
Imaginative Play
East Ham Friday
10.30-11.30am
Messy Play
Beckton Globe Tuesdays
during school term 1.30-2.30pm

sessions for over 50s

East Ham Friday
10am-12noon and 2-4pm
Plaistow Friday
10am-12noon and 2-4pm
ICT Surgeries
East Ham Friday 4pm-5pm
The Gate Thursday
10am-12noon
Manor Park Thursday
2pm-4pm
Knit & Natter – craft group
for men and women of all
ages and abilities.
Beckton Wednesday
10am-12noon
North Woolwich
Tuesday 10am-12noon

YOUNG PEOPLE

Homework Club – For young
people aged seven to 14.
School term only.
Beckton Globe
Tuesday 4-6pm
Canning Town
Friday 3.30-5.30pm

ADULT READING

Adult Reading Group

East Ham Monday 16
November 6.15-7.45pm
**Read Around the World
Book Group**
The Gate Tuesday 17
November 6.30-8pm

OTHER GROUPS

Over 50s Club

Beckton Globe
Tuesday 9.45-11.45am
Click-On – computer



Custom House

Tuesday 3.30-5.30pm

East Ham Monday 4-6pm

The Gate Thursday 4-6pm

Green Street Tuesday 4-6pm

Manor Park

Tuesday 3.30-5.30pm

North Woolwich

Thursday 3.30-5.30pm

Plaistow Thursday 4-6pm

Stratford Monday 4-6pm

Games Clubs – PS2 and Xbox games, music, board games and many more activities for ages eight to 13.

Custom House

Monday 2-4pm

East Ham

Tuesday 3.30-5.30pm

Manor Park

Thursday 4-6pm

Teenage Games Club –

PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Monday and Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12 to 21.

The Gate Thursday 6-8pm

Stratford Playerz

Stratford Thursday 19

November 5.30pm-7.30pm

Road Dahl Day Film

Screenings – Free film shows for children who have taken part in a special reading scheme. Booking is essential.

Stratford

Saturday 21 November

11.50am, 1.50pm and 4pm.

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road, E16 4HQ. 020 7476 2696

Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565

East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

Green Street 337-341

Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road, E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900

Plaistow North Street, E13 9HL. 020 8472 0420

Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

Community

Outreach Services

For more information call 020 8586 6541

SPORTS PROGRAMME

Sessions are open to 8-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games. See venue code on page 29.

Athletics

Every Friday 4.30-6pm 8 to 19 years, **DF**

Basketball

For ages 8 to 19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Monday 3-5pm, **WP**

Monday 7-9pm, **FC**

Youngbloods

Basketball Club

For more information please contact Caroline Charles 07958 307 657 or Steven on 07940 111 175.

Tuesday 6-8pm, under-15s and under-14s, **EH**

Tuesday 8-10pm, under-18 and under-16 boys, **EH**

Tuesday 5.30-7.30pm, under-16s and under-15s, **NL**

Thursday 6-8pm, under-15 boys national league, **NL**

Saturday 1-3pm, under-13s and minis, **EH**

Cricket

Rokeby community cricket

Every Wednesday 4-5pm

8 to 16 years, free,

Rokeby school sports hall, Pitchford Street, E15

Contact Ben Chambers for details: 07971286254 or ben.chambers@newham.gov.uk

Newham Cricket Club

8 to 16, £2 per session

Every Monday 5-7pm

Langdon school sports hall, Sussex road, E6

For more information call 020 8586 7070 or 07709758661

Football

Monday 6-8pm, **PP**

Tuesday 5.30-7.30pm, **LI**

Tuesday 5-7pm, **ST**

Tuesday 5-7pm, **PC**

Wednesday 4.30-6.30pm, **RV**

Wednesday 5-7pm, 8 to 19 years, **ST**

Wednesday 7.30-9.30pm, 16+ years (£2 charge), **SC**

Thursday 5-7pm, **SC**

Thursday 6-8pm, **FG**

Friday 4-5.30pm

(term time only), **SJ**

Friday 6-8pm, **PR**

Saturday 2-4pm, 6 to 14 years (£3 charge), **SC**

Ascension Football Academy

For more information please contact Louise on 07841 749 292.

Saturday

School years R to 3:

9.30-10.30am

School years 4 to 7:

10.45-11.45am

School years 8 to 11:

12noon-1.30pm

£2.50 per session

King George V Park

Newham All Star Sports Academy (NASSA)

For more information please visit www.nassa2012.org.uk

Monday 6-7.30pm 12-16

years mixed; 7.30-9pm

18+, **NL**

Tuesday 4.30-6pm

at **SB** (girls 11 to 16)

Thursday 6-8pm

CS, mixed (11 to 16 years)

Friday 16.15-15.30 (mixed 8 to 11 years) 3.30-7.30pm (mixed

12 to 16 years), **CS**

Saturday 11am-1pm

SB, (mixed 8 to 11 years)

Estates Football and Basketball League

Monday 6-8pm, under-14s





and under-17s, **SC**
Tuesday 5.30-7pm, under-12s
 and under-14s, **DF**
Friday 6-8pm, under-14s and
 under-17s, **LM**

**Newham Swords
 Fencing Club**

Thursday 6-8.30pm
 Kingsford School
Friday 6-8.30pm
 Lister School
 Ages 8 to 18 years
 Mini-fence sessions for 5 to 7
 year olds
 For more information call Linda
 on 07956 618 898

Football and Basketball

Monday 3-5pm
 Winsor Park
Wednesday 5-7pm
 New Beckton Park Ball Cage
Wednesday 4.30-6.30pm, **FP**
Wednesday 6-8pm, **PL**
Thursday 4.30-6.30pm, **PR**
Thursday 5.30-7.30pm, **BR**
Friday 5-7pm, **LG**
Friday 5-7pm, **CT**

Multi-Sports

Monday 5-7pm,
 8 to 19 years, **LP**
Monday 5-7pm,
 8 to 19 years, **AS**
Tuesday 4-5pm, **CD**
 (term time only)
Tuesday 5-7pm,
 8 to 19 years, **ST**
Wednesday 4-5pm, **CD**
 (term time only)
Wednesday
 5-7pm, 8 to 19 years, **TC**
Wednesday 5-7pm, **ST**

Wednesday 4-6pm, 10 to 19
 years, **CP**
Wednesday 5-7pm, 8 to 19
 years, **MR**
Thursday 5-7pm,
 8 to 19 years, **TC**

Eastlea Handball Club

Thursday 4-5pm
 11 to 18 years
 Eastlea School
Thursday 5-6pm 4 to 11 years
 Eastlea School

Stratford Handball Club

Monday 3.15-4.15pm
 11 to 18 years
 Stratford Secondary School
Monday 4.30-5.30pm
 4 to 11 years
 Stratford Secondary School

16+ schedule

Monday
 AIR Football, **ST**
 7.00-9.00
 Twilight Football
 Kingsford Community School
 Kingsford Way Beckton E6
 5JG, 6.30-8.30
 Call Martin Tilbury on
 020 8522 5778 for more
 information

Tuesday

Football
 Gallions Primary School
 Warwall Beckton E6 6WG
 3-4.30pm
 Table Tennis
 Britannia Village Youth
 Centre, 65 Evelyn Road West
 Silvertown E16 1TU
 5.30-7.15pm

Call Vicky Parver on 020 7476
 1252 for more information

Wednesday

Basketball, **WP**, 7-9pm
 East Potential Football, **ST**,
 5-9pm
 Twilight Football
 Kingsford Community School,
 Kingsford Way Beckton E6
 5JG, 6.30-8.30pm

Thursday

Table Tennis
 Priory Park Youth Centre
 6-8pm
 Table Tennis, **WP** (closed for
 refurbishment) 5-7pm
 Football, **WP**, 5-7pm
 Call Paul Lemonius on
 020 8586 7043 for more
 information.

Friday

AIR Football, **ST**, 7-9pm
 Twilight Football
 Kingsford Community School
 6.30-8.30pm

Boxing

East Ham Boleyn ABC
 East Ham WMC, 2 Boleyn
 Road E6 3DP
 07958124144
 Daniel Penny
Monday, *Tuesday*,
Wednesday 5-6pm
 West Ham Boys ABC
 The Black Lion, 59-61 High
 Street, Plaistow E13 0AD
 020 8472 3614
 Lianne Jameson
Monday, *Wednesday*, *Friday*
 5-6pm

Peacock ABC
 Caxton Street North
 Canning Town E16 1JL 020
 7511 3799 Martin Bowers
Monday, *Wednesday*, 6-8pm
 Newham Boys ABC
 Old Bath House
 141 Church Street
 Stratford E15 1SE
 020 8519 5983
 Ravinder Atwal / Joe
 Chapman
Monday, *Wednesday*, *Friday*,
 6-7.45pm
 Fight For Peace
 Woodman Street
 North Woolwich
 London E16 2LS
 020 7474 0054
 Louise Brown
 Phone for session details

**Contact any club before
 visiting.**

Venue Addresses

AS Alma Street MUGA
 Stratford E15
BR Barking Road Rec
 Burges Road, East Ham E6
TC The CAGE (Chatsworth
 Active Games Enclosure)
 Cruickshank Road,
 Stratford E15
CP Cann Hall Park
 Off Cann Hall Road, E11
CT Canning Town MUGA
 Corner of Freemasons Road
 and Sophia Road, E16
CD Carpenters and
 Docklands Centre
 98 Gibbins Road, Stratford
 E15 2HU
CS Cumberland School



Sports College
Oban Close, Plaistow E13 8SJ
DF Drapers Field
Temple Mills Lane, off Leyton
High Road, E15
EH East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
FP Ford Park,
Canning Town, E16
FG Forest Gate Youth Centre
Woodgrange Road, E7
FC Froud Centre
Toronto Avenue,
Manor Park E12 5JF
LP Langthorne Park
Off Leytonstone High
Road, E11
LM Leyton Manor Park
Off Capworth Street,
Leyton E10
LG Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13
LI Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
MR Major Road Ball Cage
Stratford E15
MP Memorial Park
West Ham E15
NB New Beckton Park Ball
Cage, Savage Gardens,
Beckton E6
NL Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD
PC Phoenix Cage
Milner Road, West Ham E13
PP Plaistow Park
Balaam Street, Plaistow E13
PL Plashet Park
Woodhouse Grove,
East Ham E6
PR Priory Park Ball Cage
William Morley Close,
Upton Park E13
RV Royal Victoria Gardens
Pier Road, North
Woolwich E16
SB Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
SC Score Complex
100 Oliver Road
Leyton E10 5JY
SP Scud Park Ball Cage

Tant Avenue,
Canning Town E16
ST Stratford Park
Densham Road,
Stratford E15
SJ St John's Community
Centre, Albert Road, North
Woolwich E16
WP Winsor Park, Warwall,
Beckton E6

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Mondays at Eastlea multi-sports
club for SEN & disabled young
people, Eastlea Community
School from 4-5.30pm

Multi-Activities

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 10.30am-12noon

Swimming

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 3-5pm
Newham Otters Swimming Club,
Saturdays at Newham Leisure
Centre from 4.45-5.45pm
Real Life Parenting, Sundays
at Balaam Leisure Centre from
2-4pm

Trampolining / Fitness / Swimming

SEN and disabled adults at
Newham Leisure Centre,
Tuesdays from 10am-4pm

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from 1.30-
3.30pm. To book an induction
you must contact Susy Massey
on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brampton
Manor School from 5-7pm



B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12midday

STRATFORD MUGA ACTIVITIES

Monday

Community Forum Ladies,
5.30-9.30pm

Tuesday

Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday

Handball U12s, Handball
Courts, 4-5pm
Handball U16s TID, Handball
Courts, 5-7pm

Thursday

Newham Junior FUTSAL,
5-7pm
Newham FUTSAL League,
7-10pm

Friday

Focus E15, Football session,
7-10pm

Saturday

Newham EBS Basketball,
12noon-3pm (every 2nd
Saturday of the month)
Newham EBS Handball,
Handball Courts, 10am-1pm
(every 3rd Saturday of the month)
Russian Circle "Zaniye", Old
MUGA, 3-6pm

Key holders: LOCSP: 020
8556 5973; Darren Watson:
0208 430 2489; Leon
O'Sahon: 020 8430 2479

ARTS LISTINGS

Stratford Circus Theatre Venture's The Carbon Footprint Detective Agency

Saturday 14 November 2009
3pm £6 / £5*

Recommended ages 7 - 11
60 mins

A giant 'footprint' has
suddenly appeared. Quick!
Call in The Carbon Footprint
Detective Agency...Chief
Smelly Toe, Detective Danny
and their colleagues help the
audience to investigate this
case. Theatre Venture's funny,
detective caper engages
children and families with
ideas about saving energy and
reducing our carbon footprint.
Written and designed in a
unique partnership with LB
Newham children as part
of the Newham Sustainable
Schools Detective Agency
programme.

Ian McMillan Orchestra

8pm Saturday 14 November
2009 £12 / £10

A scintillating night of poems,
music, comedy & impro - like
nothing you've ever seen
before!

The Selfish Giant

3pm Saturday 21 November
2009 £6 / £5*

This much loved fairy tale is
brought to life using beautiful
puppets and original music.



Ella featuring Sandi Russell

8pm Saturday 21 November
2009 £12.50 / £10

To coincide with the London Jazz Festival, we present 'ELLA' a sensational show about the life and music of the 'first lady of jazz' Ella Fitzgerald. Written and performed by the internationally acclaimed singer Sandi Russell.

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

Audit Board

Monday 16 November, 7pm

Investment and Accounts Committee

Thursday 19 November,
6.30pm

Overview and Scrutiny Committee

Tuesday 24 November, 7pm

Newham Partnership Board

Thursday 26 November,
3.30pm

Cabinet

Thursday 26 November, 5pm

Newham Partnership - Children's Trust Board

Friday 27 November, 1.30pm
Room W3. 06/07, West Wing,

Third Floor, Newham Dockside,
1000 Dockside Road, London,
E16 2QU

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period. The November Edition of the Forward Plan will be published on 16 October 2009.

OTHER EVENTS

Royal Falcons Football Club

Football for ages 6+
Beginners, boys/girls welcome
Tuesdays, 6.30-8pm and
Saturdays, 10.30am-12noon
Savage Playing Fields, Savage
Gardens, Beckton. £2-3 per
week for both sessions

For more information call
Nick on 07764 356 077.

Newham Swimming Club Join this ASA affiliated competitive swimming club for ages eight and up.

Training most nights in
Newham leisure centres.
Entry to the club is through
monthly trials.

Contact John Harvey on
07749 724 696 to arrange
attendance at a trial. Visit the
website for more information:
www.newhamswimmingclub.org.uk/howtojoin

Green Gym – get fit gardening/ conservation activities Every Wednesday and 1st and 3rd Saturday of the month

10am-1pm; meet at Norman
Road entrance to East Ham
Nature Reserve. Call Frances on
07845 973 156 or email Mike
on mjw1@onetel.com

Yoga classes

Every Tuesday
10.30am – 11.30am
GrassRoots Centre, Memorial
Park, Memorial Avenue, West
Ham E15 3DB. Price: £5
Unwaged/student £3
Contact Karen on
07908 23 23 77

Adult pottery club

Beginners welcome
Weds 7-9pm
Friday, 12.15-2.15pm
Lister School, St Mary's
Road, E13,
Cost: £40 for 10 week term
Call Eleanor 07837 077 150
for more information.

Atherton Swimming Club

The club has been going for
nearly 60 years but is now
looking for new members.
Children aged 5 - 16 who
want to learn to swim or
improve their strokes are
welcome.
Every Saturday at Atherton
Leisure Centre, Romford
Road, E15 from
5.30-6.30pm.
Costs £2 per lesson with a
quarterly membership
fee of £9.
Please telephone 07956 304
518 for further info.

West Ham Indoor Bowling club

Atherton Leisure Centre,
Romford Road, E15
Bowling takes place
Monday-Friday, 12.30-3pm
Cost £1.30 per session

Cost includes hire of bowls,
tea and biscuits
New members welcome
Please bring soft,
flat-soled shoes.

For more information call John
Polley on 020 8471 5252

USEFUL NUMBERS

020 8430 2000

Hundreds of services,
just one number – for all
council enquiries

For questions about
councillor surgeries or to
find out which ward you live
in, call 020 8430 2000 or
visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin
Wales at Newham Town
Hall, Barking Road, East
Ham E6 2RP or email
mayor@newham.gov.uk

For information about
Community Forums
freephone 0800 519 4015 or
email community.forums@newham.gov.uk

For information about the
2012 Games and how it will
affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social
behaviour call Newham's
24-hour hotline on 0800 731
3300

To speak to the editor of
The Newham Mag, call
Anita Plaha on 020 8430
2000 or email newham.mag@newham.gov.uk

Adoption

Change a child's future



Call Newham Fostering and Adoption Service
on 0800 0130 393 to find out more.

www.newham.gov.uk/adoption

Help shape London's future



The Mayor is seeking your views on how London will develop over the next 20 years. Where and how we live, work and play and the role of transport are key elements of the Mayor's plans to deliver a better life for people in London.

For more information on how to have your say and to find a roadshow near you, which will help explain these proposals, visit london.gov.uk/shaping-london or call **0800 093 5808**.

Consultations close on 12 January 2010.